

HEALTH

Learn CPR

Each day 95 percent of Americans who suffer sudden cardiac arrest die before reaching the hospital. The American Heart Association (AHA) estimates that 50,000 lives could be saved annually if the survival rate could be increased to 20 percent or higher.

Cardiac arrest causes the victim to lose consciousness within seconds. With early access to EMS (Phone First! Phone Fast!), early cardiopulmonary resuscitation (CPR), early defibrillation, and early advanced care, the person has a chance to survive.

Early CPR plays an important role in the survival of a sudden cardiac or respiratory arrest victim. By involving a combination of mouth-to-mouth rescue breathing and chest compressions, CPR keeps some oxygenated blood flowing to the brain and other vital organs until appropriate medical treatment can restore normal heart action. CPR techniques include three basic rescue skills called the ABCs of CPR - Airway, Breathing and Circulation.

♥ Airway

A key action for successful resuscitation is immediate opening of the airway by positioning the head properly.

♥ Breathing

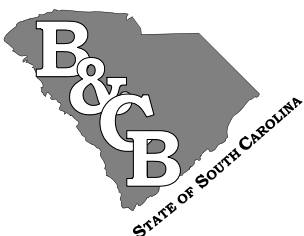
Mouth-to-Mouth rescue breathing is the quickest way to get oxygen into the victim's lungs.

♥ Circulation

Chest compressions can maintain some blood flow to the lungs, brain, coronary arteries, and other major organs.

CPR is a simple procedure that can be learned in just a few hours. With 80 percent of cardiac emergencies happening at home, knowing CPR can mean the difference between the life or death of a loved one.

The American Heart Association, SC Council's CPR courses are offered at Community Training Centers across the state. For more information, call AHA at 1-800-AHA-USA1 or visit their website at www.ecc-cpr.americanheart.org.



**STATE HEALTH PLAN PREVENTION PARTNERS
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